

# Menu

# Week 1



## Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	A selection of either fruit, vegetable sticks, cheese or crackers.  Severed with milk or water	Spaghetti bolognaise with hidden vegetable and garlic bread	Natural yogurt and fruit compote	Selection of seasonal Fruit	Scrambled egg served with Mixed Peppers and bread
Tuesday		Homemade fish goujons with new potatoes and broccoli	Apple pie and custard		Pitta bread and fillings
Wednesday		Chicken balls, carrots and sweet potato wedges & gravy	Flapjacks		Seasonal vegetable soup and garlic bread
Thursday		Macaroni Cheese with hidden cauliflower & sweetcorn on the side	Banana and Custard		Kumara Chickpea Patties served with a veg sticks
Friday		Surbiyaan Lamb served with Spinach	Homemade short biscuit		Fishfingers with mixed veg

# Menu

# Week 2



## Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	A selection of either fruit, vegetable sticks, cheese or crackers.  Severed with milk or water	Chili Con Carne with brown rice	Homemade smoothies	Selection of seasonal Fruit	Sandwiches with carrot and cucumber batons
Tuesday		Fish Cakes with green beans	Natural yogurt and fruit compote		Jacket Potatoes with a selection of Baked beans, tuna, cheese and homemade coleslaw
Wednesday		Chicken sausages, mash potato, peas and gravy	Bread and butter pudding		Dahil with coconut milk and naan bread
Thursday		Mixed vegetables and bean stew with dumplings	Custard tart		Fishfingers with mixed veg
Friday		Roast Chicken with seasonal Vegetable and potato	Rice pudding		Beans on toast

# Menu

# Week 3



## Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	A selection of either fruit, vegetable sticks, cheese or crackers.  Severed with milk or water	Tuna, vegetable pasta bake	Homemade biscuits	Selection of seasonal Fruit	Sandwiches and vegetable sticks
Tuesday		Cottage pie with turkey mince and hidden Vegetables	Smoothie		Homemade pizza
Wednesday		Minestrone soup and bread	Flapjacks		Jacket Potatoes with a three-bean chilli
Thursday		Children's jerk chicken, rice and peas	Natural yogurt and fruit compote		Scrambled eggs served with Mixed Peppers and bread
Friday		Chicken sausages, mash potato and Baked beans	Warm ginger cake and cream		Dahil with coconut milk and naan bread

# Menu

# Week 4



## Breakfast 8am to 9am:

Selection of Cereals, Toast & Fruits. Egg, Cheese or Porridge will be offered on alternate days.

Milk and water to be served with snacks and breakfast

	Morning Snack	Lunch - Vegetarian option also available	Pudding	Afternoon Snack	Tea - Vegetarian option also available
Monday	A selection of either fruit, vegetable sticks, cheese or crackers.  Served with milk or water	Vegetable lentil curry with rice	Fruit pie	Selection of seasonal Fruit	Cheese Flatbread with mushrooms, tomatoes and boiled egg
Tuesday		Hungarian Beef Goulash served with rice	Semolina		Split pea dip, crudité's and pitta
Wednesday		Fish pie and broccoli	Pineapple upside-down cake		Warm tortilla wraps with cheese and ham
Thursday		Vegetable lasagne served with sweetcorn	Natural yogurt and fruit compote		Beans on toast
Friday		Couscous, Chicken strips with roasted Vegetables	Banana & Custard		Fishfingers with mixed veg